

CLAIMS

1.- A self-ventilated, ergonomic footwear and sole, of the type structured by means of the combination of an elastomeric sole and an upper of any type, accompanied by at least one insole, characterized in that the sole comprises in the area corresponding to the sole of the foot a plurality of longitudinal grooves both on its inner and outer sides, arranged in an alternating manner in relation to one another, determining a "bellows"-type structure.

2.- A self-ventilated, ergonomic footwear and sole according to the claim 1, characterized in that the grooves of the sole adopt a longitudinal arrangement essentially parallel to the edge of the sole closest thereto and have a depth affecting about half the thickness of the sole.

3.- A self-ventilated, ergonomic footwear and sole according to the previous claims, characterized in that the upper comprises, also in the area corresponding to the sole of the foot and beneath the insole, a perforated elastic laminar body which, together with the sole, forms a chamber having a volume that varies upon walking, said elastic laminar body having openings communicating said chamber with the inside of the footwear and allowing the passage of the air in both directions.

4.- A self-ventilated ergonomic footwear and sole according to the previous claims, characterized in that the elastic laminar body located beneath the insole is stiffened by means of a longitudinal band and two transverse end bands, suitably solidly connected thereto and solidly connected to the upper of the footwear, the openings for communicating with the inside of the footwear being located in these bands, said bands having a considerable thickness.